

## Section 3 - Set Up

### Your Concerns When Deployed

If nothing else, your deployment is going to be a great adventure. And despite the thrill and exhilaration you may feel about going to a foreign location to perform a mission for your country, there are some concerns you should keep in mind while deployed. Medical threats from water, food, disease, poor sanitation and pollutants are all just as big a threat as being wounded. First and foremost, *safety...Yours!*

### Major Health Hazards and Precautions

#### Heat

Can be incapacitating or deadly

- Drink water frequently... before you get thirsty 1-2 quarts per hour during moderate work in temperatures over 82 °F
- Avoid caffeine (cola, coffee) as it increases water loss and promotes dehydration
- Take appropriate rest breaks
- The Chemical/Biological protective overgarment increases the need for drinking water

#### Cold

Can cause serious injury or death

- Wear proper cold weather gear and remember to layer clothing for added warmth
- Limit amount of time spent outdoors
- Watch for signs of frostnip, frostbite and hypothermia

#### Local Food

Can cause serious illness and may contain parasites

- Do NOT eat local foods unless approved by U.S. military medical authorities
- Wash your hands before eating and after using the latrine

#### Insects

May transmit life-threatening diseases

- Use insect repellent, such as DEET on exposed skin
- Pretreat flight suits/BDUs with permethrine spray; one can per uniform (clothes retain permethrine even after several washings)
- Sleep under a bed net treated with permethrine-tuck bed netting under the mattress all around
- DEET and permethrine replacements can be obtained through your deployed supply channels
- Obtain anti-malarials, if required, from the flight surgeons clinic

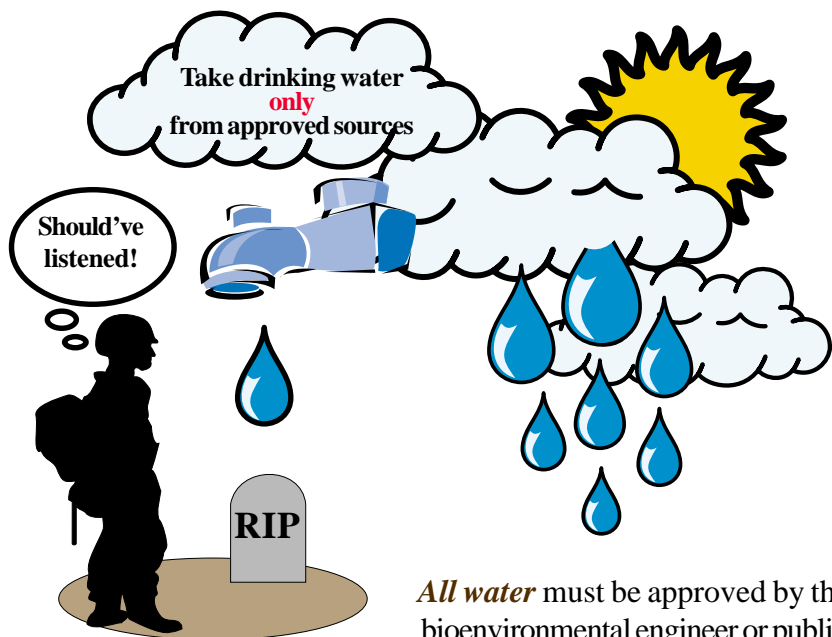


**Do NOT wear flea collars—they can cause severe chemical burns!**

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Water Purification

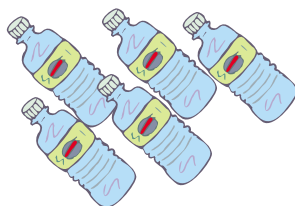
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**All water** must be approved by the bioenvironmental engineer or public health officer prior to use, including bottled water.



**Do not Drink**  
**UNTIL APPROVED**

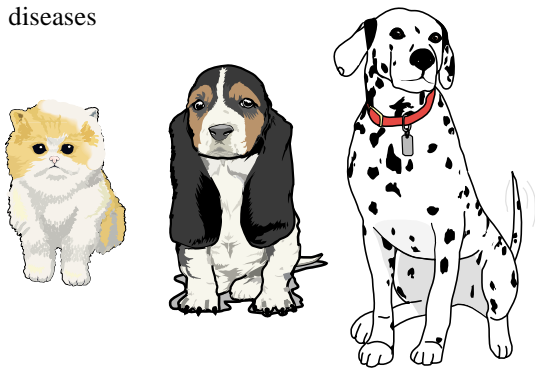


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## Other Health Concerns

*Animals*

- Avoid contact with **ALL** animals—they may transmit rabies or other life threatening diseases

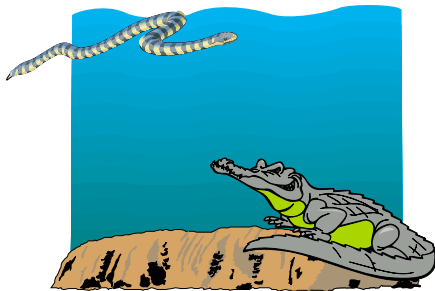


**Do NOT keep local animals  
as pets or mascots.**

- If bitten or scratched by **any** animal, wash wound with soap and water and seek medical attention **immediately!**

*Rivers, Lakes, Swamps, Canals*

- May contain parasites that can penetrate unprotected skin and cause serious illness. Or may contain obstacles, natural or man-made, that could be just as dangerous
- Avoid standing stagnant water and open sewers. These attract mosquitoes and other disease vectors
- Do **NOT** swim or bathe in rivers, lakes, swamps, or canals
- If you must wade, avoid direct contact between your skin and the water if possible

*Malaria*

- If you are going to a malaria risk area, take malaria pills as issued

**Malaria is a killer-follow prescriptions!**

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### *Be Domestic*

How you live when you are deployed has a direct effect on your physical and mental well being.

Keep yourself **well groomed**. Aside from presenting a professional appearance, personal grooming is healthy. It'll make you feel good in what may be an otherwise miserable environment. Also, good grooming standards discourage health problems that may occur if your attitude is less than what is expected.

Keep your family and friends back home **informed**. Naturally, you won't be able to tell them everything, especially facts about the operation you are on or details of your location. But you can reassure them that things are going well and you have a good attitude about what you are doing. This effort will not only make you feel better, but will help minimize the worry and concern your family and friends back home have for you.

**Participate** in camp activities. Your unit is going to do everything they can to help you during your deployment, including provide entertainment and other distractions to keep you busy during non-duty hours. It's not only good for your morale, but also the morale of the entire organization. Get involved with camp life. You may enjoy the experience and be able to significantly contribute to everyone else's well being.



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### Ground Safety

#### Lifting

Although there are a variety of methods for lifting objects, the *kinetic* method is the most widely accepted and taught because it provides more stability, while reducing load on the back muscles and intervertebral disks.

- ✈ *Position feet correctly*-Place feet far enough apart for balance with one foot to the rear of the object and the other foot slightly ahead of the other and to the side of the object



- ✈ *Crouch close to the load*-Stay close to the load to minimize strain on the lower back. Before beginning the lift, be sure the back is straight as possible and back muscles are tightened. These steps prepare the body to accept the load

- ✈ *Pick up materials with a full palm grip*-Do not attempt to pick up weights with a fingertip grip. Ensure the load is free of grease or sharp points that could cause injury. Use suitable gloves at all times



- ✈ *Always keep the back as straight as possible*-It may not be possible to keep the back in the vertical plane but avoid arching the back. Keep the back muscles tightened throughout the duration of the lift. Do not relax the back until the load is released. Bend from the hips and not from the middle of the back

- ✈ *Start movement*-With the arms, slide the object toward the body to give it some motion (kinetic energy). At the same time, use the legs to lift the object and bring the back to a vertical position. Keep the object close to the body while lifting



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Team Lifting is required to move heavy or unusually shaped items. When two or more people are required to move or carry an object, adjust the load so each person carries an equal part. Test lifts should be made before proceeding. The key to lifts using two or more personnel is to make every move in unison. The supervisor and workers are responsible for assessing all available methods to safely handle materials and use mechanical assistance whenever possible.

Carrying methods are determined based upon the type of material, distance, and number of workers. Workers should be instructed during initial training in each procedure-for example: neck, shoulder, side, tray, two-person, and under-arm carry methods.

- ✈ Use gloves, safety shoes/boots, hard hat, and any other available safety equipment when appropriate
- ✈ Inspect objects for slivers, sharp edges, and rough or slippery surfaces
- ✈ Keep fingers away from pinch and shear points
- ✈ Do not carry a load that obstructs the view of the direction of travel. Make sure that the path of travel is clear
- ✈ Do not turn at the waist to change direction or to put an object down. Turn the whole body and crouch down to lower the object
- ✈ When carrying items up or down stairways:
  - ✈ Adhere to the guidance provided by the supervisor
  - ✈ Reduce the size of the object carried to allow for maximum visibility
  - ✈ Use assistance when required and available



*...Always...*  
**Think Safety!**

### *Combat Environment*

You may be going into an environment that will be totally foreign to you. The normal safety guidelines you would follow at home may not apply in the field. Consequently, you must be very careful at all times. Flammables, cables everywhere, exposed wires, containers, open light sources (like burning bulbs), ditches, engines, and a lot of other potential hazards will become second nature to you. But don't ever underestimate their potential to hurt you. Safety is everyone's business, and your number one responsibility.